

All Wool Mattress Care and Use Information

- **Begin with the right frame**
- **Breaking-in a new wool mattress**
- **Mattress stress**
- **Mattress size and shape considerations**
- **Mattress care**
- **Mattress refurbishing**



Frame recommendations

The correct frame is essential for the comfort and longevity of your wool mattress. This beautiful Wool Mattress deserves a compatible frame. Look for these elements:

- Solid wooden slats instead of a box spring or solid platform (both block airflow).
- Slats are spaced 1.5” apart to provide the best support. (Slats spaced more than 2” apart may allow the sleeper to feel the spaces between the slats)
- Wooden slats are 2.5” wide to accommodate the addition of our latex strips. Other widths will work for the mattress, but will not accommodate our latex strips.
- If you are interested in a frame style that we do not offer, our custom box insert will add the ideal slatted supports to any frame.

We are not responsible for problems associated with frames that we do not recommend.

"Breaking-in" a New Wool Mattress

Each wool mattress is carefully compressed by hand when it is created, but be aware that a mattress will compress an additional 10-15% during the first 3-6 months of use. Our other wool-filled products will compress 30-40% (pillows and mattress toppers). This is a completely natural process; it does not decrease any of the positive qualities of sleeping with wool. In order to avoid creating "dips" where you sleep, a few simple steps can be taken.



- Flip and rotate your new bedding frequently
- Sleep on all parts of your bed. An occasional nap in the center of the bed will help to avoid a "hump" where no one usually sleeps.
- Remember that the compression stops after a few months of regular use. Parts of your bed that are used rarely (edges and the center) will catch up quickly. If you desire more "give" after compression is complete, you can add another snuggle mate, latex strips, or wool felt.

Mattress Size/Shape: When we create your mattress, we allow no more than a 1" variation from standard bed dimensions. Be aware that the tight packaging for shipping often causes the mattress to temporarily gain/lose an inch. Also, the mattress will expand slightly as it settles and compresses with use. A mattress can gain 1 to 2 inches in length and width after about 6 months of use.

Continued Mattress Care: Once your mattress is completely compressed it requires only minimal care. Continue to follow the regular care steps for natural bedding. The mattress will benefit greatly from an annual day in the sun. This is also a great time to rotate and flip the mattress. You can vacuum your mattress if it needs additional cleaning.

Mattress Refurbishing: We can refurbish most of our wool bedding items. If an accident damages your bedding or if it simply needs a fresh layer of wool, call our office for a quote. We will charge a reasonable rate to cover shipping, materials, and labor.

Regular Care

1. Unmake your bed each morning: The easiest way to care for your natural fiber bedding is by unmaking your bed every morning. In order to let the most active areas of your bedding breathe, pull back your comforter and blankets for at least an hour or two after you wake up. Your wool bedding has been actively wicking moisture away from your skin throughout the night in order to keep you in a comfortable temperature zone. Giving your bedding a daily chance to air out allows it to release that moisture and stay fresh.

Our bed captures the wisdom of a different place and era. The wool bed is simple, natural, and expertly **hand-made**.

2. Fold mattress topper down once each month: Once per month (or whenever you change your sheets) pull your mattress topper down over the foot of your bed. This allows the very middle of your bed to air out and release moisture. This is a great time to rotate and flip your mattress topper in order to create even compression.

3. Seasonal Sun and Air: Once each season, remove all of your wool bedding (other than the mattress, which only needs to be sunned once per year) and place them out in the sun. Sun will naturally deodorize, bleach, disinfect, and revitalize your bedding. You can hang the bedding over railings or furniture, hang them out the window, or lay them on a blanket in the sun. If you are unable to bring your bedding outside, you can place the items near a fireplace/stove or other source of dry heat.

If you live in a particularly humid climate you can take additional steps:

- Use a dehumidifier
- Sun and air bedding more frequently
- Fold all bedding over to allow the bottom of the mattress additional air
- Use a space-heater as a stand-in for sun
- Vacuum your mattress to pull air through the fibers

Wool is incredibly resistant to mold and mildew. Keep an eye on the wooden slats of your frame for early signs of mildew.